

The Marine Corps Martial Arts Program (MCMAP) is a combat system developed by the United States Marine Corps to combine existing and new hand-to-hand and close quarters combat (CQC) techniques with morale and team-building functions and instruction in the Warrior Ethos. The program, which began in 2001, trains Marines (and U.S. Navy personnel attached to Marine units) in unarmed combat, edged weapons, weapons of opportunity, and rifle and bayonet techniques. It also stresses mental and character development, including the responsible use of force, leadership, and teamwork.



MCMAP has a mixture of mental, character and physical disciplines. Those three disciplines are the foundation of the MCMAP structure. MCMAP was implemented not only to increase combat efficiency in Marines but as well to increase and show the confidence and leadership abilities in individuals. You are required to integrate the mind, body and spirit equally and simultaneously in order to be successful within the Marine Corps Martial Arts Program.

HN Ryan Alvarez (pictured above) is a 2010 Wilson High School graduate from Anaheim Hills, California. He is currently a student of FMST Class 2012020 at Field Medical Training Battalion West, Camp Pendleton, CA. Upon graduation from FMTB in March of 2012, he will be an 8404 Hospital Corpsmen; Marine Qualified. "My knowledge of Martial arts was only a small amount in which I learned during High School wrestling, I feel MCMAP will help me in the future, by helping to maintain fit for Military duty, having a disciplined state of mind and self defense if a real life situation were to happen."

Students of the Field Medical Service Technician Course (FMST), at FMTB-West are all trained and taught the fundamentals of the MCMAP Tan belt. The Tan Belt is lowest of belts within MCMAP and is earned through basic level training. It signifies the basic understanding of the mental, physical and character disciplines. The minimum mandatory time to earn a Tan belt is 27.5 hours as directed by Marine Corps Order 1500.54A. All students at FMTB receive their Tan belt after completing all hours covered by the syllabus of MCMAP. "My favorite part of MCMAP was learning all the strikes, chokes and getting plenty of Physical Training. It was also enjoyable to get out of the classroom setting for a while, while still being able to learn." Said Alvarez.

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